

## Mp3 Rusty Wells - Bhaktify My Love



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Bhakti is the Yoga of Love and Devotion. These songs are DJ-mixed Yoga Chants brought up to an Urban Beat. Perfect for chilling, practicing and singing-along to. 7 MP3 Songs in this album (43:19) !

Related styles: NEW AGE: Yoga, WORLD: Chants People who are interested in Krishna Das Jai Uttal should consider this download. Details: Rusty Wells has been a well-known yoga instructor in San Francisco (and beyond) since 1998. Over a quarter million students world-wide have received his teaching of Bhakti Flow, a form of yoga that offers techniques for keeping the body strong, pliable and balanced, while being wrapped in love and devotion. His teaching philosophy is based on the idea that through the practice of yoga, we can actually reduce suffering in this world, and at the heart of the individual yoga practice is the discovery of universal oneness. Music is a vital and integral part of the experience and chanting is a non-sectarian spiritual practice designed to help us get 'out of the head' and 'into the heart'! Bhaktify My Love, Rusty's first CD of popular chants, has been produced with the help of DJ DIRTYHERTZ and the acclaimed composer/engineer Steve Shapiro.

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